

NURSING CARE IN DIABETES

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Abstract: this article describes the origin of diabetes, its causes, and the use of nursing care in treatment methods.

Key words: Etiology, clinic, polyuria, polyphagia, diabetes.

Diabetes mellitus is a disease associated with insulin deficiency, which leads to disturbances in metabolism, mainly carbohydrate metabolism. Today, people secretly pass this period of illness, and there are many cases of refusal of nursing care.

The disease is chronic and there is often a risk of worsening. Conditions caused by diabetes can lead to death (this is hyperglycemic and hypoglycemic coma). According to statistics, diabetes is the second most common disease caused by metabolic disorders (obesity is in first place). Globally, diabetes is diagnosed in one tenth of the population. Considering that the disease can pass without symptoms, scientists assume that the percentage of patients with diabetes is actually much higher.

Importance of Insulin - Diabetes is caused by insulin deficiency. Disturbances in protein, carbohydrate and fat metabolism are characteristic of this disease. Insulin, which is involved in carbohydrate metabolism, ensures the breakdown, synthesis and use of glycogen in the liver, and also prevents the breakdown of carbohydrate compounds. In the process of protein metabolism, insulin begins to synthesize proteins and nucleic acids, preventing the degradation of the former. The effect of insulin on fat metabolism is that it increases the rate of glucose entering hepatocytes, activates energy cell processes, slows down the breakdown of fats and improves the synthesis of fatty acids. If there is not enough insulin, sodium cannot enter the cells.¹

Symptomatic (secondary) diabetes. Appears due to another disease (for example, diseases of the pancreas). It can also occur due to long-term use of drugs and genetic pathologies.

Diabetes caused by poor diet in childhood. It often occurs in people living in tropical regions.

In addition, gestational diabetes that occurs during pregnancy in women can be distinguished. Depending on the level of glucose in the blood, it is classified as follows: ketones are formed in the body, and these are toxic decay elements.

¹ <https://med24.uz/uz/bolezni/saxarnyy-diabetes>

8) Due to the need to remove excess glucose from the body, the patient's daily urine output increases. In addition to glucose, a large amount of fluid is also released, as a result of which the body is dehydrated and the constant thirst that cannot be satisfied occurs. Also, the body's energy reserves decrease, as a result of which a person begins to lose weight.

Factors causing diabetes

Factors that cause the development of diabetes are the following:

Excess weight;

Hereditary predisposition, because 9% of patients with the disease have relatives with diabetes;

Improper nutritional composition (lack of fiber in the diet and an abundance of carbohydrates);

Taking diabetogenic drugs (diuretics, glucocorticoid hormones, cytostatics, hypotensive drugs);

The presence of cardiovascular diseases.

Treatment of diabetes

To treat diabetes:

normalization of metabolic processes

to normalize the level of glucose in the blood

It is necessary to eliminate the possibility of complications of the disease

Diet is the basis of diabetes treatment. The patient's diet is selected by the doctor, taking into account age, gender, physical activity and weight. In type 1 diabetes, carbohydrates are strictly eaten at the exact same time each day to control blood sugar levels and insulin delivery when needed. It is important to avoid fatty foods.

If the patient has type 2 diabetes, he should avoid sweets altogether. The total calorie content of meals is also reduced, it is recommended to eat in portions, and fructose, aspartame and sugar substitutes can be used.

Only mild diabetes can be treated with diet. If the patient has more severe forms of the disease, it is impossible to treat without medicines. In type 1 diabetes, insulin therapy is used, in type 2 diabetes, special drugs are used to lower blood sugar levels. Compensatory diabetes - the patient does not complain about his health, the blood sugar level on an empty stomach does not exceed 4 mmol/l, and during the day does not exceed 9 mmol/l.

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² <https://cyberleninka.ru/article/n/abu-ali-ibn-sinoning-sog-lom-turmush-tarzigadoir-fikrlari>

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Insulin therapy

Insulin is used only under careful control of blood and urine glucose levels. There are three types of insulin: short-acting, long-acting, and intermediate-acting. Long-acting insulin is administered once a day, usually two other types are prescribed to enhance the effect and fully cover the disease.

An overdose of insulin can lead to life-threatening conditions such as hypoglycemic coma. Therefore, when using insulin, it is necessary to follow only the doctor's instructions and not to deviate from them.

Side effects of insulin therapy:

swelling, pain and redness at the injection site;
allergic reactions;
lipodystrophy (fat tissue "melts" at the injection site).
Drugs that lower blood sugar

Medicines that reduce the amount of sugar are a special addition to the diet.

These include:

biguanides ("Sifor"). It prevents the absorption of glucose in the intestines, saturates the tissues of the body with sugar;

Sulfoarea drugs: improve the synthesis of glucose by the tissues of the pancreas and its cells, and also help the absorption of sugar in the tissues;

Inhibitors of alpha-glucosidases: improve the synthesis of insulin, prevent a sharp rise in sugar levels.

meglitinides: reduce blood glucose levels;

thiazolidinediones: reduce the level of glucose produced in the liver.

To improve overall health and reduce the effects of diabetes on the body, overweight and diabetic people should normalize their weight.

The following products can be consumed in case of diabetes:

black bread;

meat, vegetable and fish stews;

poultry, beef, fish;

vegetables;

cereal products, pasta, legumes;

chicken eggs;

sour berries, fruits;

dairy products (the amount should be discussed with the doctor);

tea, natural coffee, juices (no more than five glasses per day);

vegetable oil, butter;

milk sauces.

The following are prohibited:

pastries, desserts from dough;

mustard, pepper;

smoked meat, canned goods, pickles;

alcoholic beverages;

animal fats;

sweet dried fruit.

Dangerous aspects

Patients who consult a doctor with symptoms of diabetes are examined by an endocrinologist. This disease is not completely harmless and can cause:

polyneuropathy (swelling and reduced sensation in the legs and arms);

angiopathy (increased vascular permeability);

rhinopathy (failure of the retina, veins, arteries and capillaries of the eye, blurred vision, detachment of the retina);

diabetic foot nephropathy (impaired blood circulation in the legs, pain, failure of the joints and bones of the legs).

Hyperglycemic and hypoglycemic coma in diabetes are very dangerous conditions and can lead to death.

It is necessary to implement the above factors and recommendations using nursing care, and use methods beneficial to health.

In this regard, Ibn Sina also mentioned the following thoughts in his works:

"The worst food is the food that makes the stomach heavy, and the worst drink is the drink that increases the norm and fills the stomach... If you eat more than the norm, you must be hungry the next day..."

"The worst thing is eating a mixture of different foods and eating for too long..."

"The downside of a very tasty meal is that you can eat too much of it..."

In conclusion, it should be said that every person needs to take care of himself. It is also advisable to use the given opportunities wisely, to use the advice of medical association employees where necessary.

List of used literature

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